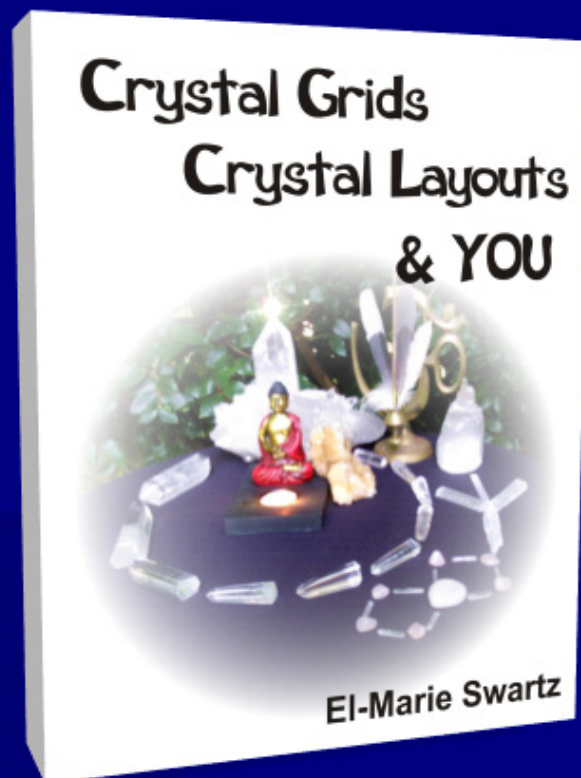


**HJE Energy Healing  
Academy**

**Elmarie Swartz**



**FREE CRYSTAL GRID &  
LAYOUT EBOOK**



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## Table of Contents

<b>A Special Message</b>	<b>5</b>
<b>Foreword</b>	<b>7</b>
<b>What is a Crystal Grid?</b>	<b>9</b>
<b>How do Crystal Grids work?</b>	<b>11</b>
<b>Types of Grids</b>	<b>13</b>
<b>General Guidelines for Making a Crystal Grid</b>	<b>15</b>
<b>Pyramid</b>	<b>17</b>
<b>Hexagon Six-Sided Crystal Grid</b>	<b>19</b>
<b>Relationship Crystal Grid</b>	<b>21</b>
<b>Star of Solomon / David</b>	<b>23</b>
<b>Sleep Crystal Grid</b>	<b>25</b>
<b>Using Crystal Layouts</b>	<b>26</b>
<b>Guidelines for using Crystal Layouts and Nets</b>	<b>29</b>
<b>Balancing &amp; Calming the Chakras</b>	<b>31</b>
<b>Cleansing, Recharging &amp; Balancing the Chakras</b>	<b>33</b>
<b>Aligning Chakras &amp; Relaxation</b>	<b>36</b>
<b>Quick Stress Release</b>	<b>38</b>
<b>Time-Out Layout – when you feel anxious</b>	<b>40</b>

<b>Memory Layout</b>	<b>42</b>
<b>Alleviating Stress &amp; Trauma Layout</b>	<b>44</b>
<b>Depression Layout (to alleviate)</b>	<b>46</b>
<b>Amethyst Healing Layout</b>	<b>48</b>
<b>Headache Layout</b>	<b>50</b>
<b>CRYSTAL NETS</b>	<b>52</b>
<b>Healing Net - Release Deep Trauma</b>	<b>52</b>
<b>Clarity of Mind and Energy Net</b>	<b>54</b>
<b>Obsidian Net – Integration of Energies</b>	<b>56</b>
<b>Releasing the Hearts Potential - Removing Guilt &amp; Unworthiness Net</b>	<b>58</b>
<b>Sun Net – Fear Of Failure &amp; Poor Circulation</b>	<b>60</b>
<b>Sexual Recharge Net - Revitalize your Sex Life</b>	<b>62</b>
<b>Joy Giver Net – when feeling low</b>	<b>64</b>
<b>Resources</b>	<b>66</b>
<b>Discount Voucher - All Items</b>	<b>69</b>
<b>Know &amp; Heal Yourself – A Course in Crystals</b>	<b>70</b>
<b>HJE – The Power of Quartz Crystals</b>	<b>70</b>
<b>HJE - Colour Course</b>	<b>71</b>



<b>HJE – The Chakra Course</b>	<b>71</b>
<b>HJE – The Human Energy Body Course</b>	<b>72</b>
<b>Own Your Health - A Practical Course to Understand Healing with Energy</b>	<b>72</b>
<b>Way of the Archangels - Healing with Archangels</b>	<b>73</b>
<b>Reiki First Degree (Level 1)</b>	<b>74</b>
<b>Reiki Second Degree (Level 2)</b>	<b>74</b>
<b>Reiki Advanced (Level 3)</b>	<b>75</b>
<b>Healing Charts</b>	<b>76</b>

## A Special Message



My name is Elmarie; I'm a Reiki Master, Reiki and Crystal Healing therapist, life skills coach and teacher.

I cannot lay claim to the knowledge I have gained in life and say it belongs to me. Somehow all we need to know is given to us. In return, we must share, that which has been learned, discovered and revealed.

So often synchronicity has entered my life, in ways I cannot explain. Someone will come, offering a key to a door which must be unlocked and opened. There are so many halls of



learning, knowledge and wisdom and there are many who come with keys to these doors.

When the time is right, and when we are ready, the teacher will appear and we are shown and taught that which we need to know.

This book has been written with the express wish that you will get as much from the amazing power of the “Rock People” (crystals) as I have.

***I have made it possible for you to add your very own pages on to the internet keep reading and you will come across your invitation.***

In Light and Love for Life

*Elmarie*



## Foreword

I lovingly refer to my crystals as “Rock People” since I view them as intimate friends that are always available and willing whether it is to heal and protect you, your family and your home or to just keep you company.

I am frequently asked how to go about setting up a crystal grid and where to place stones on the body whether for protection, healing or enriching your life through a magical manifestation of desires.

In this book I have gone into great detail on crystal grids, what they are and how to set them up including the diagrams necessary for doing so.

Furthermore you will find detailed diagrams on the laying on of stones for a multitude of ailments.

The suggestions I have made in this book are not in any way intended to imply that they can replace established medical treatment, nor should they be used in such a manner.

In my career I have taken great pains to emphasise that the swiftest method of returning to full health lies within proper medical treatment, coupled with natural healing, in such a manner as to restore both body and spirit to balance and harmony.





All information shared within these pages can be proved by simple experimentation, provided that you are open and sensitive to these potent energies.

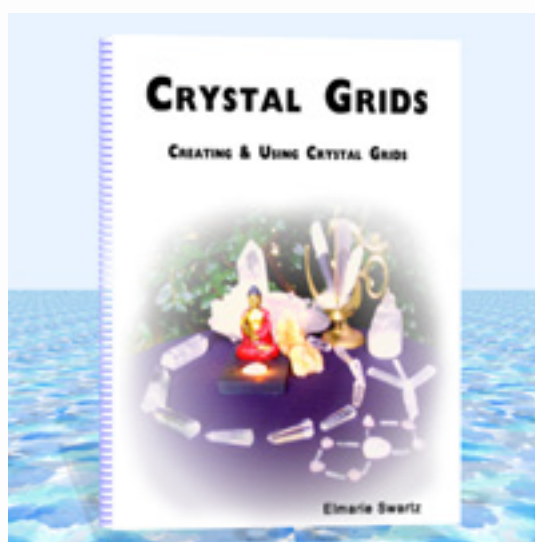
## What is a Crystal Grid?

Crystal grids are made by the placement of gemstones in a geometric pattern for the specific purpose of directing energy therefore creating a particular energy field.

In an energetic sense, a crystal grid is just that, an intricate grid of energy lines formed from stone to stone creating a very strong vortex of Life Force energy.

As each stone amplifies the healing properties of the other stones, these energetic Crystal grids can help protect, manifest and support an intention or desired goal. You can actually use them for whatever you would like to direct energy towards.

Should you need further & more in depth knowledge on this the following book is what you want:



**Crystal Grids** - In the ebook "Crystal Grids" you will learn that a crystal grid can sometimes be more powerful than using a single crystal.





I built this specific grid as an energy power vortex for the re-charging of my space and the manifestation of abundance in all areas of my life.

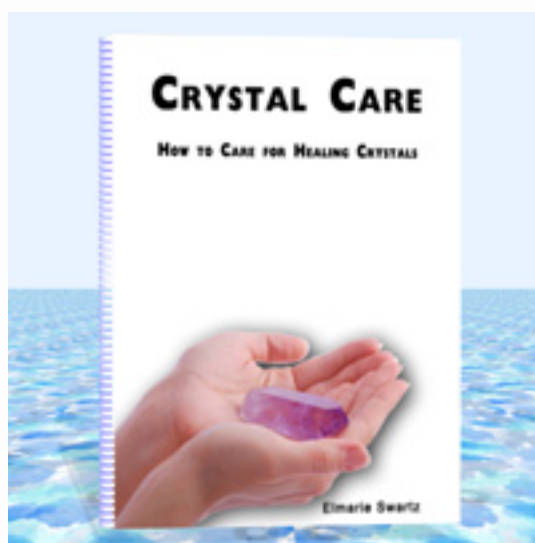


## How do Crystal Grids work?

Crystal energy grids offer a most puzzling phenomenon and are based in geometry.

A very large source of energy can be produced; apparently from nowhere therefore they are very effective in achieving the desired results due to this powerful energy and the programmability of the crystals to focus on specific goals.

Should you need further & more in depth knowledge on this the following book is what you want:



**Crystal Care** - In my eBook "Crystal Care" you will learn how to handle and take care of your healing crystals starting with clearing, cleansing, dedicating then moving on to programming, activating and charging them.



**Crystals can retain and re-transmit our thoughts, similar to the magnetic storage on a computer.** This energy can be locked into any area you want.



When creating a gemstone grid you can add to the power of the grid with Reiki, either way each and every **crystal must be programmed** before being placed on the grid.

Crystal grids can be used for a wide variety of purposes.

- ✓ They will cause energy changes in any object within the energy field of the grid.
- ✓ They can charge objects with life-force energy.
- ✓ They can be used to create powerful emotional changes in anyone who comes into the energy field.
- ✓ A grid can be used for a simple goal like enhancing your sleep quality to something more elaborate - like World Peace!

The combinations are endless, depending only on your purpose for the grid.

Whatever your intention; for instance self attunement, meditation, prayer, affirmations, re-charging space, communication with your higher self, planet earth & spirit the crystal grid is an effective way to use crystal energy, and very powerful when done with your clean and clear intention. Last, but not least the grid can be used for self healing, distance healing and healing others.

Building a crystal grid is not only fun but you “power up” whichever intention you choose to use.

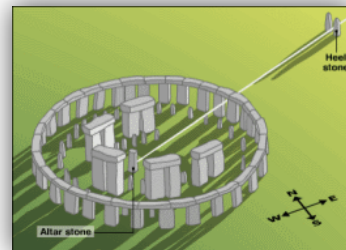
## Types of Grids

The sky is the limit. There are so many kinds and forms and we going to explore some of them at this time as a general introduction.

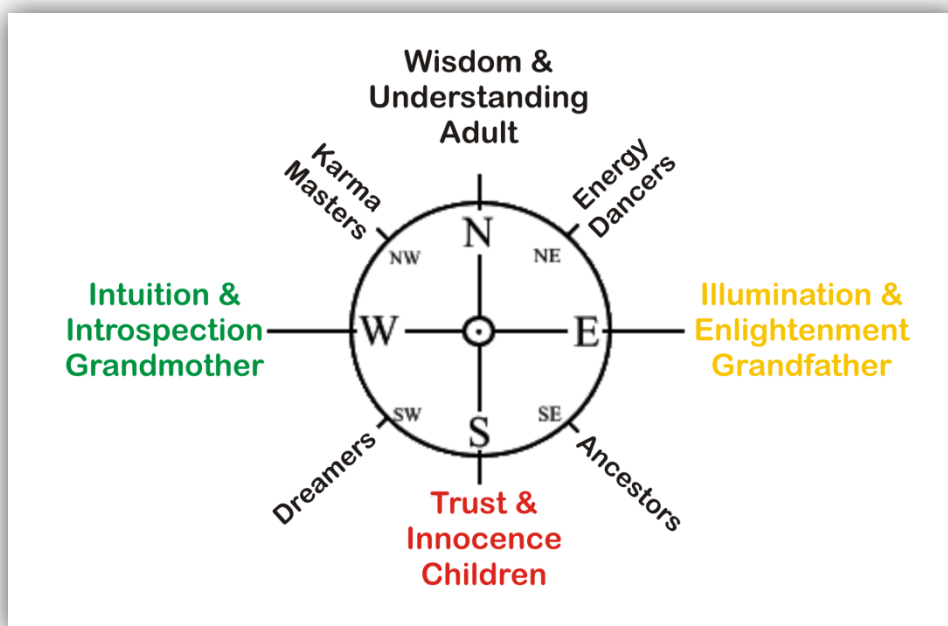
I normally suggest that you start working with very simple grids rather than the more elaborate, complicated and esoteric forms. I do not find the simple grids any less effective. Your experience may be different to mine.

All the crystal within the Earth can be thought of as being elements of a huge grid, the Earth grid. It is believed by some that placing crystals in the Earth, where they feel the grid is broken or disrupted, will restore the Earth's grid. Others again believe that this creates disharmony in the Earth grid.

Stone structures at centres of spiritual energy such as Stonehenge and medicine wheels are also sometimes called stone grids.



There were about 20,000 medicine wheels in North America, before the Europeans came. Medicine wheels are places for energy and healing, teaching and understanding. They are used for times of reflecting on life, and for joyous celebrations.



The Medicine Wheel represents all of creation. All races of people, animals, birds, fish, insects, trees, and stones, the sun, moon and earth are in the circle of the medicine wheel.

Each stone tells part of the story. The circle is all of the cycles of nature, day and night, seasons, moons, life cycles, and orbits of the moon and planets.

The layout of crystals around and over the body, are also often referred to as grids.





## General Guidelines for Making a Crystal Grid

1. Decide on your purpose for the grid and find a representation of what you want to energize and empower. Your clear intention is a key element in empowering the stones' energy.
2. The following thing you want to do is to choose and a place for your Crystal grid. I recommend that you use a space that you will have easy access to but a space where the crystal grid will not be moved or disturbed. You could use an altar or a sacred place in your home, on a desk top or shelf. Cleanse this space.
3. You will now select your master charging crystal for your crystal grid. If you have chosen Clear Quartz points, select the Clear Quartz point that feel to have the strongest energy on the other hand if you have chosen different crystals, the Clear Quartz point will be your master charging crystal.
4. Your next step is to cleanse and program the crystals.
5. Place your crystal layout in a geometric grid shape. Relax and centre yourself. Visualize your goal having already been achieved, with calm mind and positive intention.
6. Charge the Master Crystal and place it in your right hand, with the crystal point facing down, above the





grid, imagine energy pouring from the master crystal and charging your Crystal grid connect each crystal to the other in a clockwise direction following the numbers.

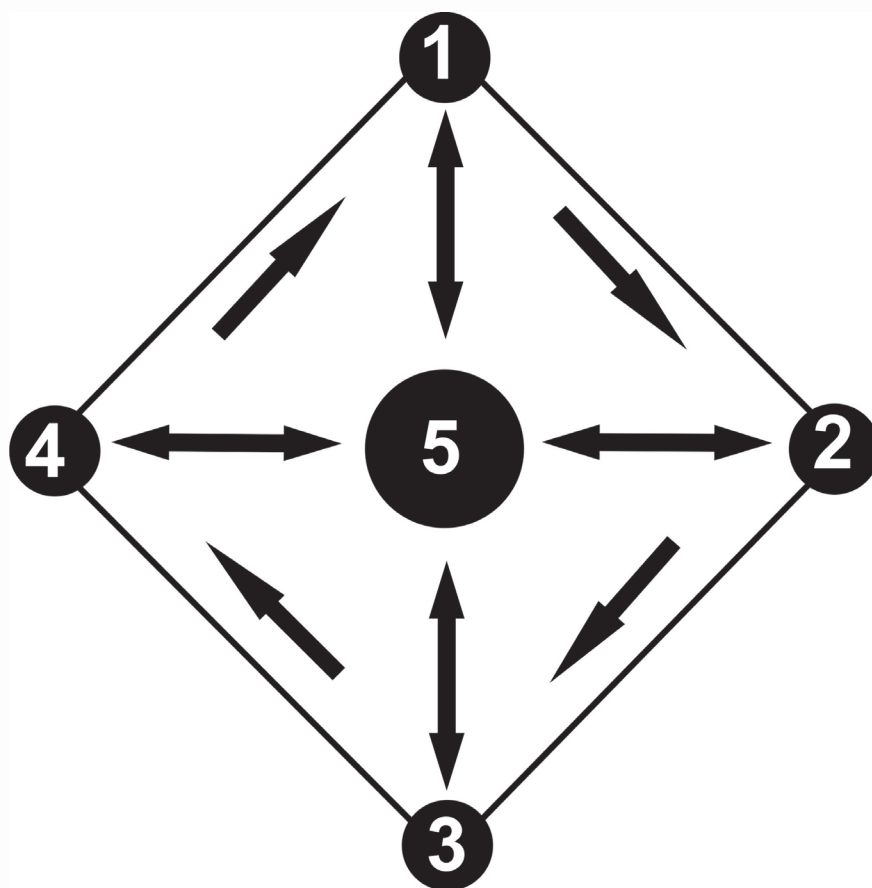
7. As you do this, repeat an affirmation/mantra of power.
8. Use your creative intuition to create empowering affirmations or mantras that feel right for you.
9. Say a prayer of gratitude.

An important aspect of your grid is to have fun with it and be creative, feel free to create your own grids with stones and crystals and patterns of your own choosing.

You can't really make a mistake, if your heart and goals are kind, caring, gentle and compassionate.

## Pyramid

This grid works exceptionally well for protection as well as in healing rooms.





1. **Requirements:** Five even sized crystals, the four outside crystals 1, 2, 3 & 4 must be the same. You can use the same or a crystal of choice for the middle/centre. Single or double terminated point as your Master Charge Crystal.
2. Place crystals as numbered in the diagram.
3. Charge the grid in the following order (**see diagram**):

**5 - 1 - 2 - 5**

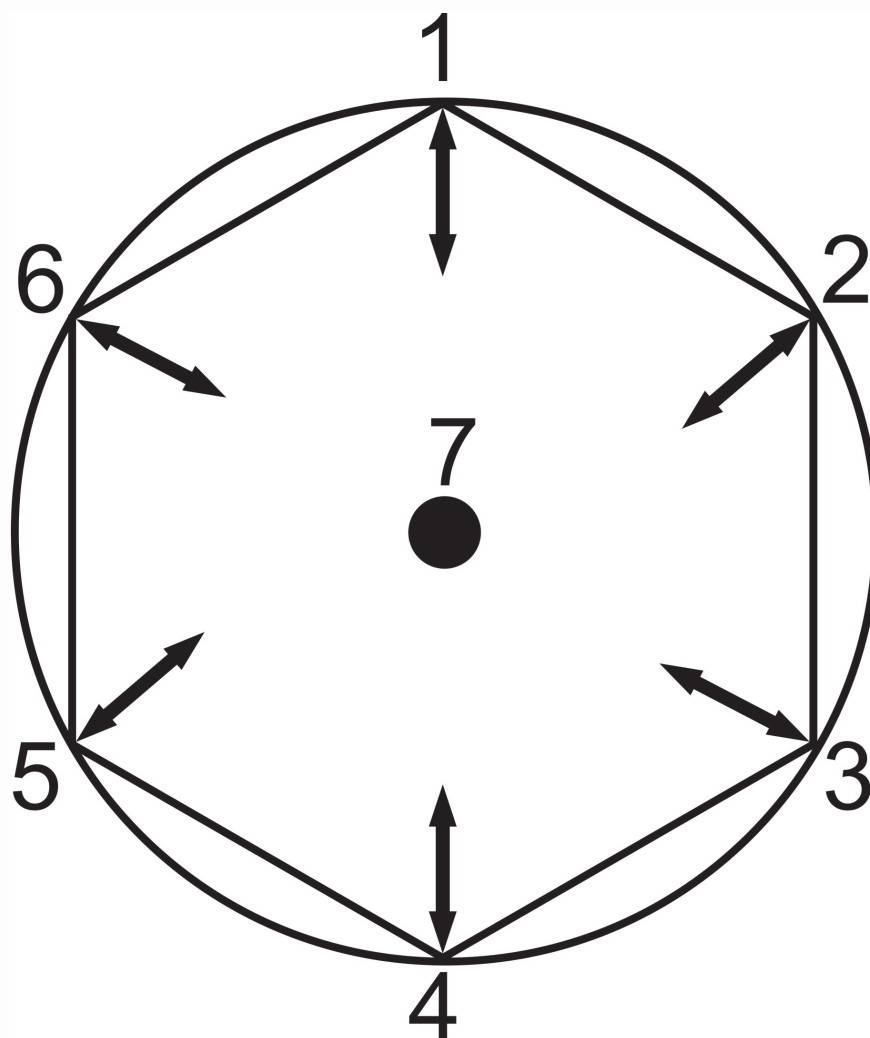
**5 - 2 - 3 - 5**

**5 - 3 - 4 - 5**

**5 - 4 - 1 - 5**

## Hexagon Six-Sided Crystal Grid

Use this grid for manifestation, it works well.





1. **Requirements:** Seven double or single terminated points for outside 1, 2, 3, 4, 5 & 6; the seventh point is your Master Crystal for charging your grid. (When using single terminated points, points facing outwards.) A crystal, you can use either a point or any other crystal of choice for the middle/centre.
2. Place crystals as numbered in the diagram.
3. Charge the grid in the following order **(see diagram):**

**7 - 1 - 2 - 7**

**7 - 2 - 3 - 7**

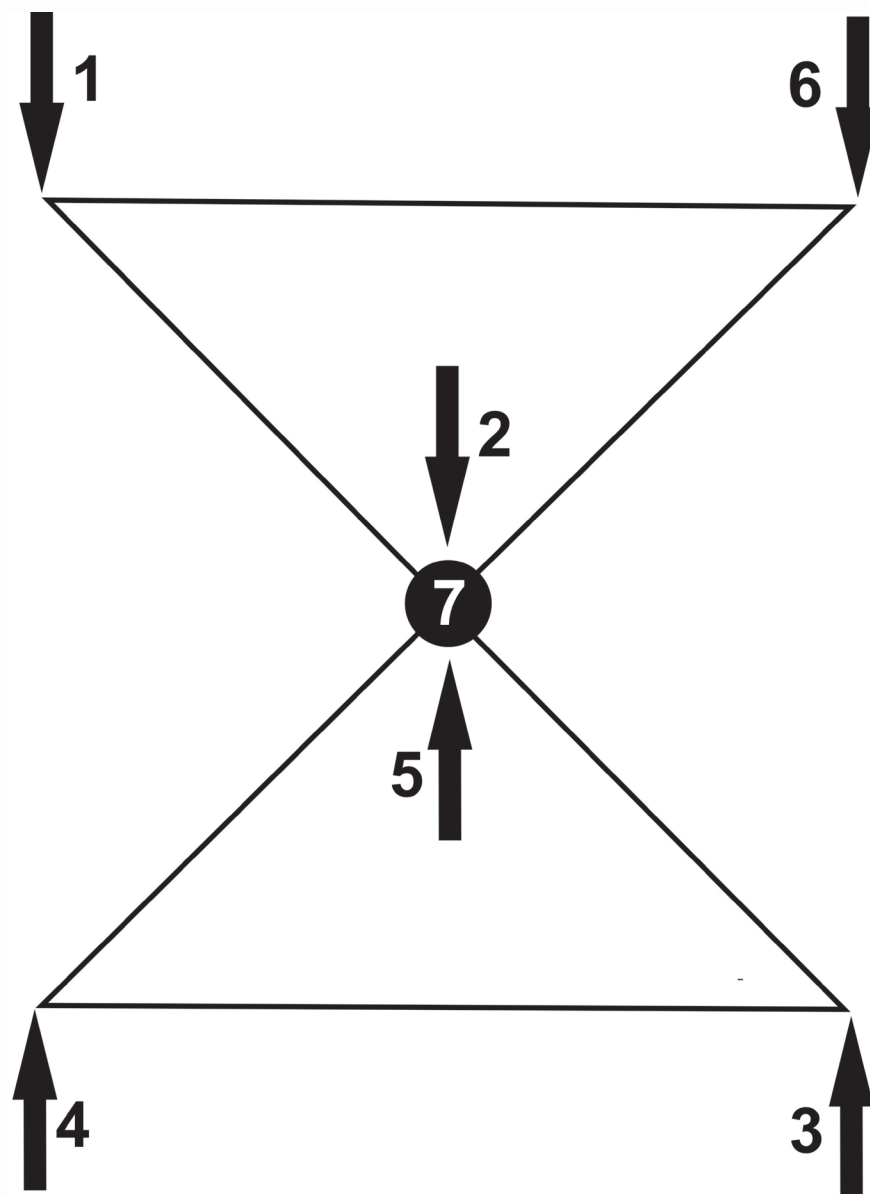
**7 - 3 - 4 - 7**

**7 - 4 - 5 - 7**

**7 - 5 - 6 - 7**

**7 - 6 - 1 - 7**

## Relationship Crystal Grid



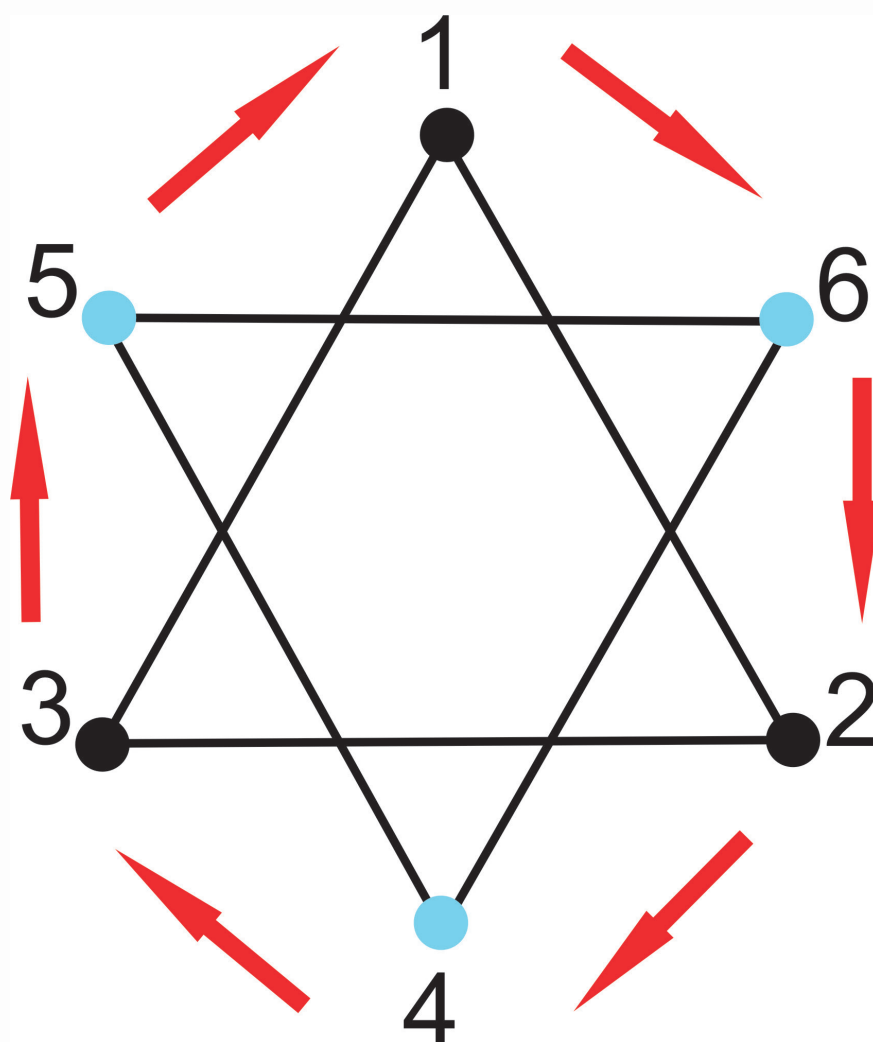


1. **Requirements:** Seven single terminated points for outside 1, 2, 3, 4, 5 & 6. One Rose Quartz for the middle/centre. The points must face inwards towards the Rose Quartz; the seventh point is your Master Crystal for charging your grid.
2. Place crystals as numbered in the diagram.
3. Charge the grid in the following order **(see diagram):**

**1 - 2 - 3 - 4 - 5 - 6 - 1**

### Star of Solomon / David

This grid is excellent for healing; you can even try it around your bed (start with 5 minutes and work from there)





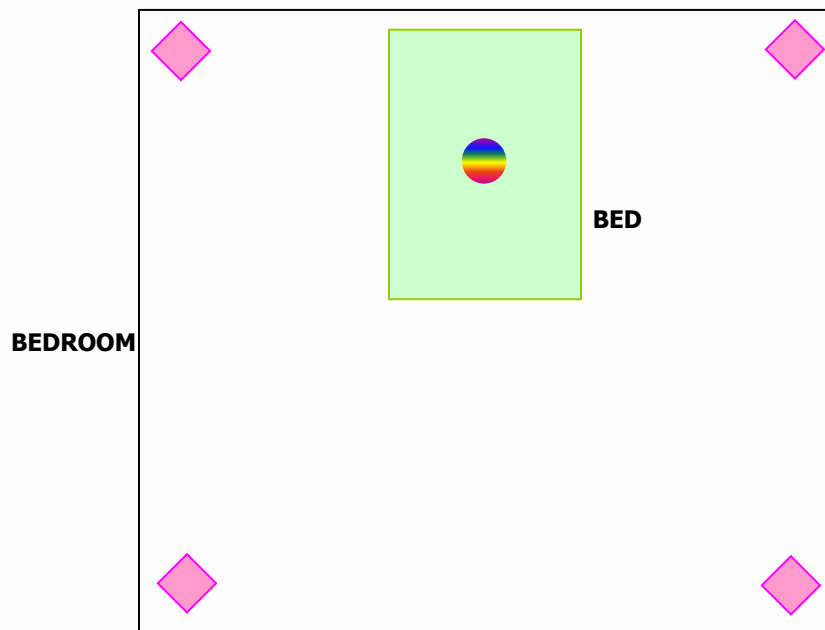


1. **Requirements:** Six even sized crystals, for positions 1, 2, 3, 4, 5 & 6 must be the same. Single or double terminated point as your Master Charge Crystal.
2. You can also use single terminated points when doing a healing. When you do this I suggest that you first place the points facing outwards for a few minutes and then face the points inwards for a few minutes. Alternatively use double terminated points. **DO NOT USE POINTS AROUND YOUR BED, YOU WILL NOT SLEEP.**
3. Place crystals as numbered in the diagram.
4. Charge the grid in the following order **(see diagram):**

**1 - 6 - 2 - 4 - 3 - 5 - 1**

You can also place single or double terminated points around the edges on the red arrows so to speak.

## Sleep Crystal Grid



**Requirements:** 4 pieces of Rose Quartz and 1 x either Rainbow Obsidian or Hematite.

1. Place the Rose Quartz in the four corners of the bedroom.
2. Place a piece of Hematite or a Rainbow Obsidian under your bed.

This grid will create an atmosphere of love and security that will improve your sleep.

## Using Crystal Layouts

One of the most effective ways of working with crystal grids is to use crystal layouts, which involves placing crystals in special patterns on and around the body to access and unblock the key paths of energy flow. Each layout is designed to balance our vital energy in a particular way.

Certain layouts, known as nets, call for us to lie upon a cloth of a particular colour in order to amplify the effect of the crystals.

Although most layouts are best carried out lying down, they may also, if necessary, be performed sitting up with stones taped lightly in place.

If you are working alone, make sure that the crystals you need are within easy reach before you begin.

Crystal healing is cumulative.

Regular sessions of five to ten minutes once or twice a week are more beneficial than long complicated processes practised less often.

In this way your body will release stresses at its own pace as it learns to maintain equilibrium for itself.

Also note that all of us deal with the energies of the “Rock People” in different ways, so be aware of your body’s reaction



and sensitivity to these powerful energies and adjust your timing accordingly.

It is important to remember that Crystal Healing is not cast in stone and therefore there are no rules, trust your intuition and listen to your body.

Body Wisdom is a very important factor in all healing practices be they allopathic or alternative. If you have not already purchased your "7 in 1 Body Wisdom Charts" you can do so [HERE](#).

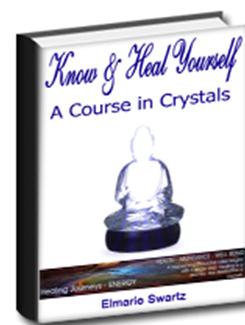
In most cases, you can use either crystal points or tumbled stones. *However some layouts do require crystal points, which direct energy more precisely than tumbled stones.*

It is important to remember at all times that your healing crystals should be cleansed, cleared, charged, dedicated and programmed before use. After a healing session, take care to thoroughly cleanse all crystals used during the session.

The following Crystal Healing Course is an excellent introduction to healing with crystals:

*Doing the "Know & Heal Yourself - Crystal Healing" home study Course you will learn, understand and achieve your goals and become the master of the following skills:*

- To choose, cleanse, dedicate, activate and program your Crystals for self-healing.
- The Building of a "Basic Crystal Healing Kit" including the healing properties of these Crystals.



- To Balance and harmonize the body.
- To Balance and calm the body in times of stress.
- To Balance the Chakras.
- To Re-align the vibrational energy system.
- To Re-energize the body.
- To Channel pure energy into the vibrational energy system.
- To Release impending blockages, refining the flow of energy.



***A word of caution: Never reject standard medical treatment it is not a sensible approach to take toward healing. All forms of healing should work together in such a manner as to restore both body and spirit to balance and harmony.***

## Guidelines for using Crystal Layouts and Nets

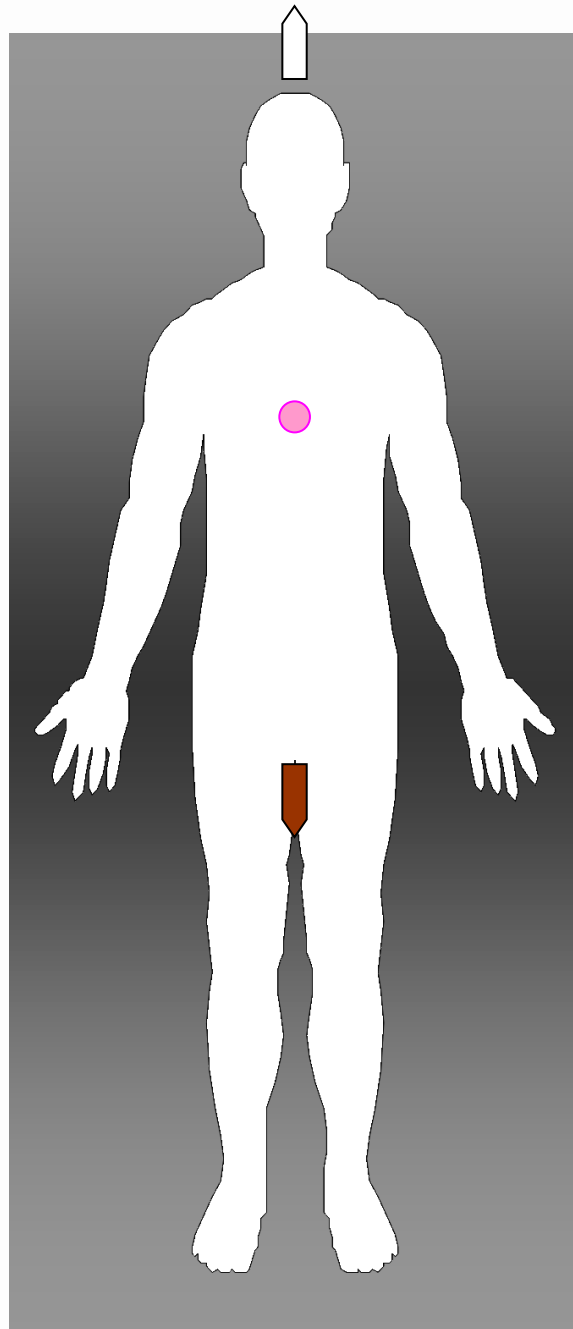
1. Always allow yourself plenty of time and space. Take a few moments to settle down and to focus on how you feel before the using the layout or the net allowing yourself the opportunity for clearer experiences and to notice changes more easily.
2. Always remember that we are all different in our energy patterns and how we experience other energy influences. Your experiences could therefore be different not only from session to session but also differ from another person's experience.
3. Be aware of what you use the layouts and nets for as it is not a good idea to use them if you are very tired - you are more likely to fall asleep as to experience any changes - unless the reason for using them is to fall asleep.
4. When you start using layouts and nets, at first you might only notice the changes by contrast of how you feel before, during and after their use. Rather spend shorter periods, regularly, than long periods, occasionally.
5. It has been found that a layout or net works in time breaks of 4 to 5 minutes meaning that there is a shift (deepening or sinking to a new level) in or



of energy. So your natural finishing times will be in these breaks for instance 5, 10, 15, 20, 25 or 30 minutes. It is best to stay around the 20 minute mark.

6. When doing a layout or a net it is advisable to set aside double the time you propose in spending within the layout or net. This will enable you to come around slowly and allow your body to integrate the new energies it has experienced before returning to normal everyday functioning.
7. It is advisable that you make sure that you will not be disturbed during this very personal healing time as well as your rest period afterwards.
8. Remember at all times that should you experience any discomfort or anxiety during a session, get up slowly and gently and relax elsewhere until the feeling disappear. You can then resume your healing if you so desire or wait for your next session.
9. With the crystal nets, should you not have a cloth of the colour required, use a white cloth.

## Balancing & Calming the Chakras







### BALANCING & CALMING THE CHAKRAS LAYOUT

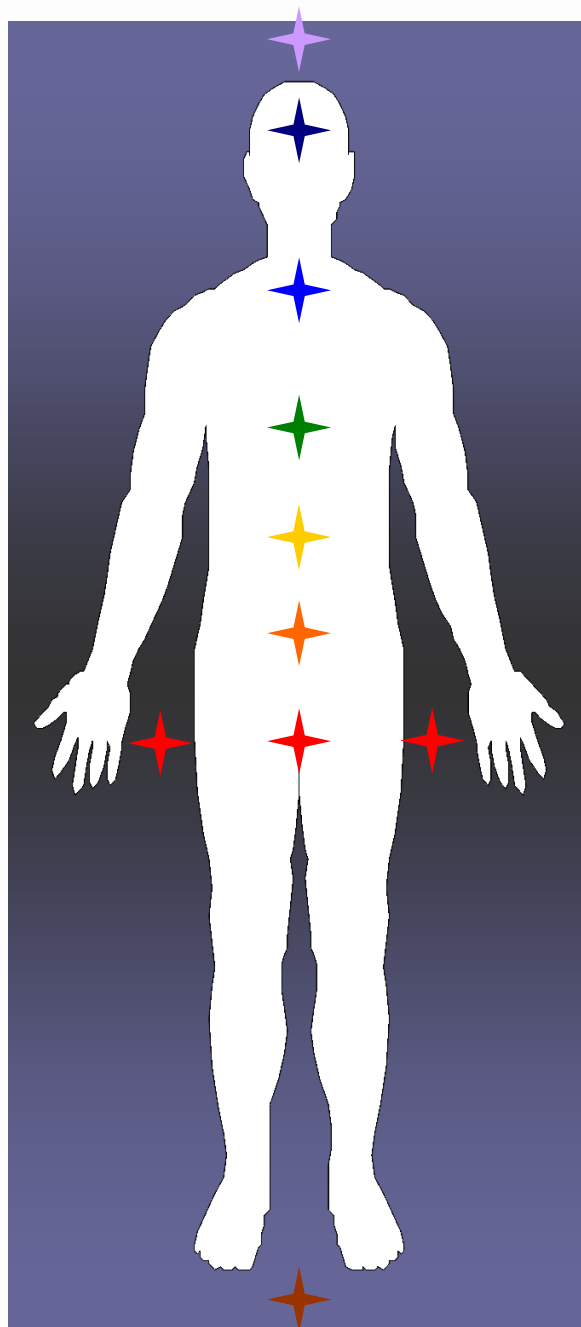
For healing to take place the chakras must be balanced and in harmony. This layout is a very simple yet effective way to balance and harmonise your whole chakra system.

**Requirements:** 1 x single terminated clear Quartz points, 1 x single terminated Smoky Quartz point and a tumbled Rose Quartz.

1. Lie down and settle yourself comfortably. Make sure you won't be disturbed for a while.
2. Use your **terminated clear Quartz** crystal at the **crown of your head** with the **terminated end pointing away from your head**.
3. Place the Rose Quartz **in the middle of your chest** at your Heart Chakra.
4. Put the **terminated Smoky Quartz** crystal at the **base of your spine** with the **terminated end pointing toward your feet**.
5. Visualise your entire energy body becoming balanced and harmonised.

Start with 5 minutes and gradually increase to 20 minutes. This is a great layout to do before you start your day as the layout is simple and can be done before you get out of bed in the morning.

## Cleansing, Recharging & Balancing the Chakras





### CLEANSING, RECHARGING & BALANCING THE CHAKRAS LAYOUT

In crystal therapy as well as working with the inherent energies of the crystals, colour is utilised extensively. One of the simplest ways to help balance and cleanse your whole chakra system is to place a stone of the appropriate colour on each chakra.

This will also give each chakra a boost of its own vibration without altering its overall energies and harmony, much like recharging a battery.

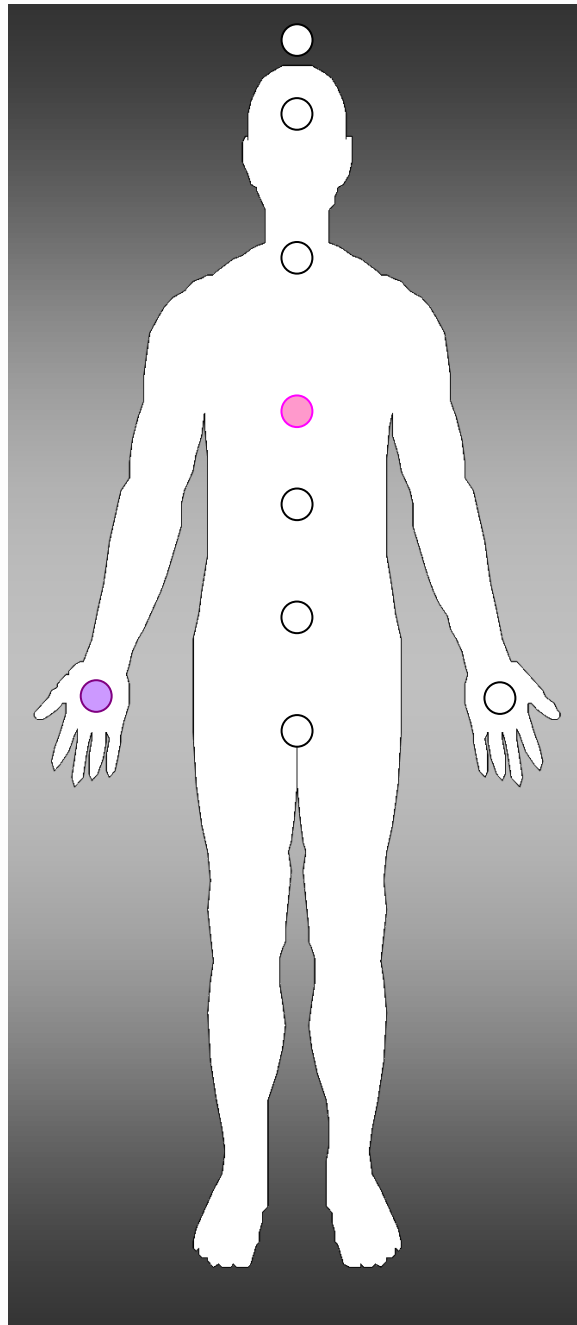
1. Place Smokey Quartz between feet for grounding.
2. Red stone, (Red Jasper or Garnet works well) near the base of the spine, use two more red stones of the same variety and rest one near the top of each leg.
3. Orange coloured stone (Carnelian) for the sacral chakra, put on the lower abdomen.
4. Use a yellow stone (Citrine, Tigers Eye or Yellow Jasper) for the solar plexus, placed between the navel and the ribcage.
5. The heart chakra in the centre of the chest can be balanced by a green stone (Aventurine or Watermelon Tourmaline which has the green as well as the pink colour).
6. Place a blue stone (Blue Lace Agate or Turquoise) on the throat, at the base of the throat.



7. A dark blue stone (Lapis Lazuli or Sodalite) on the brow in the centre of the forehead.
8. Place an Amethyst or Clear Quartz at the crown, just above top of the head.

Start with 10 minutes and gradually increase to 30 minutes. Always remove the stones in the same order you've placed them on your body.

## Aligning Chakras & Relaxation





### ALIGNING CHAKRAS & RELAXATION LAYOUT

This layout works very well when doing a Reiki healing session.

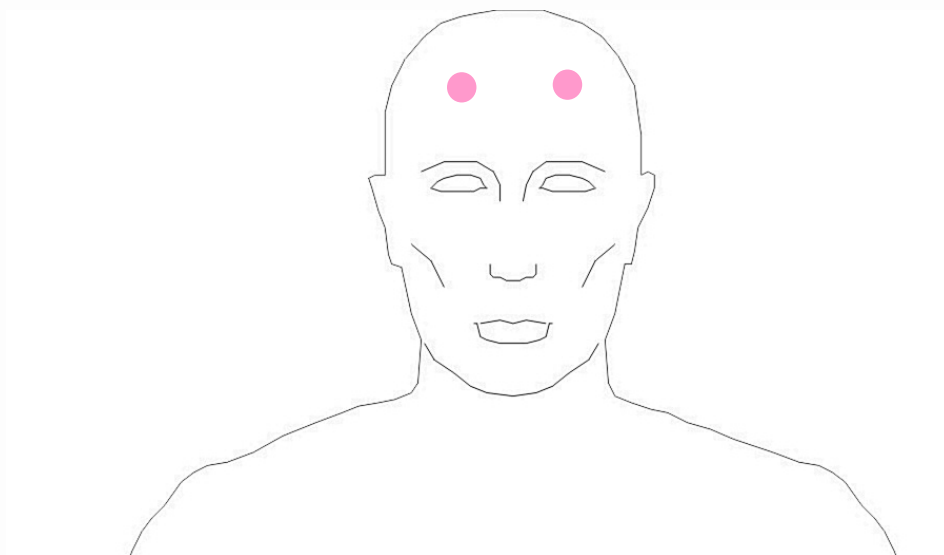
**Requirements:** 7 x even sized tumbled Clear Quartz, 1 x Rose Quartz & 1 x Amethyst.

1. Place a tumbled clear Quartz the Base, Sacral, Solar Plexus, Throat, Brow and Crown Chakras.
2. Make sure they are in alignment.
3. Place a Rose Quartz on the Heart Chakra.
4. Hold an Amethyst in your right hand and a clear Quartz in your left hand.

This is a very calming and relaxing layout that can be used for 20 minutes and more, especially when you have gone through a very stressful period.



## Quick Stress Release





### QUICK STRESS RELEASE LAYOUT

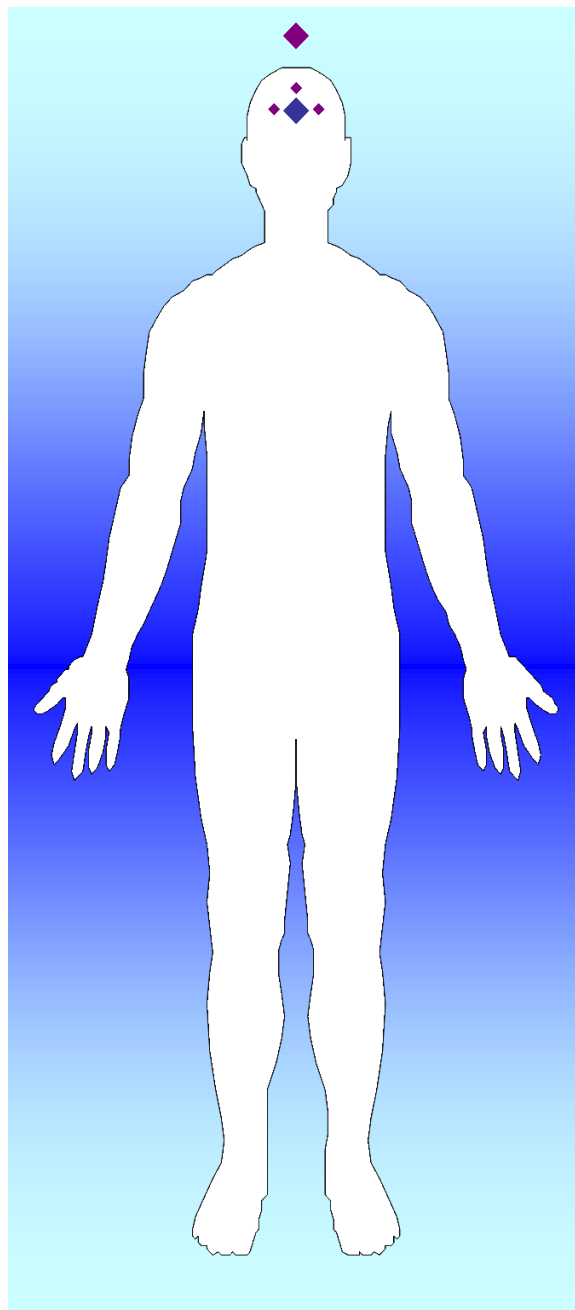
Rose Quartz is the best known and favourite of the pink stones. It has a calming and reassuring effect. However, it can also be a powerful releaser of unexpressed emotions where they might be thwarting personal growth.

**Requirements:** 2 x small tumbled Rose Quartz crystals.

1. Place the small Rose Quartz stones on the two slightly raised bumps to the sides of the forehead for rapid and safe stress release.
2. You may need to tape these stones in place.
3. While the stones are in place remember the stressful situation and this will start the releasing process.
4. You may want to place a grounding stone between the feet (Smokey Quartz) and a balancing stone on the heart (Rose Quartz).



## Time-Out Layout – when you feel anxious





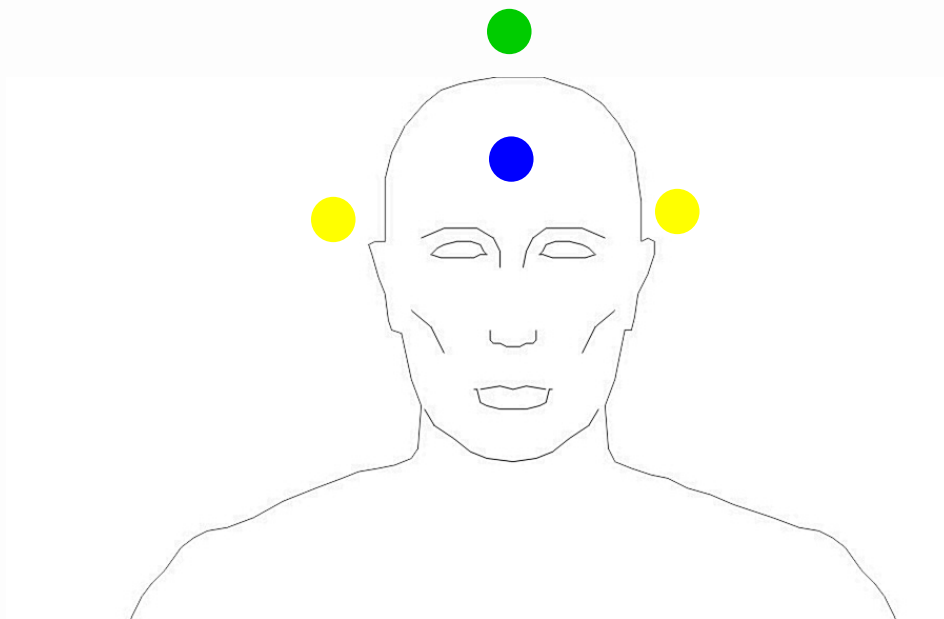
### TIME-OUT LAYOUT

**Requirements:** 1 x Lapis Lazuli or Sodalite, 4 x Fluorite crystals.

1. Place the dark blue (Lapis or Sodalite) in the centre of the forehead to encourage peace and contentment.
2. Surround with the fluorite in a triangle facing up as this will facilitate assimilation and understanding of the fine levels of awareness.
3. Place last Fluorite at the top of the head (crown) to promote a sense of self-worth.

Remain in the layout for 10 to 15 minutes.

## Memory Layout





### MEMORY LAYOUT

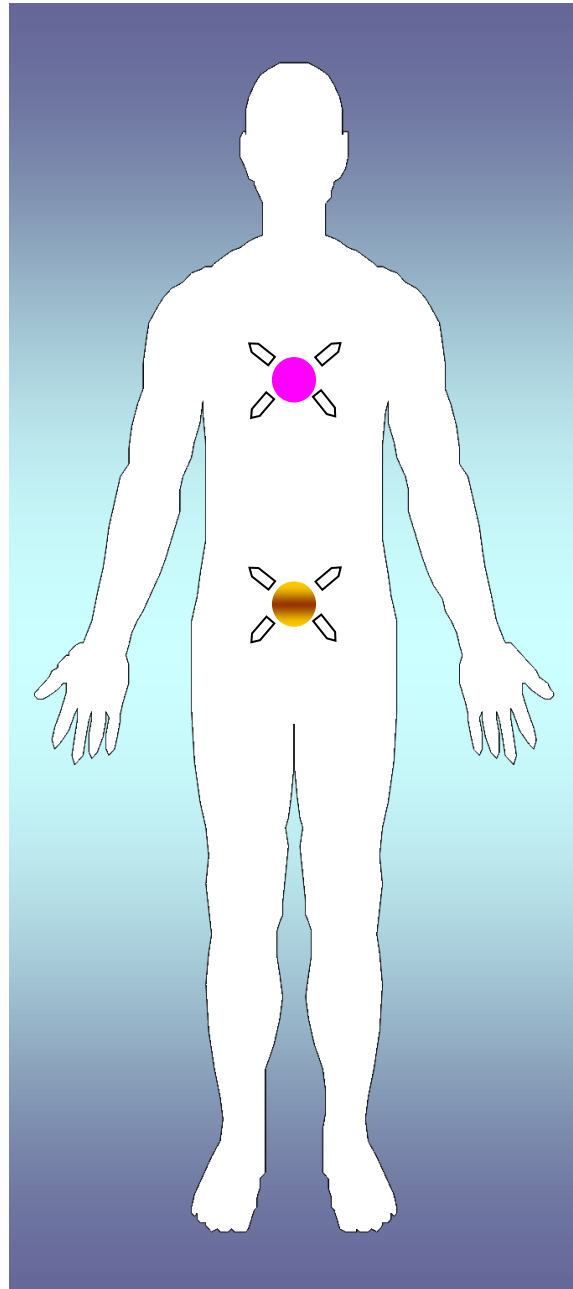
When we get a little older and our memories leave us in the lurch, this is the layout to use as it improves your memory no end.

**Requirements:** 2 x Citrine, 1 x Green Calcite & 1 x Azurite.

1. Place the Citrine beside the head at ear level to strengthen the memory.
2. Place the Green Calcite at the top of the head for mental clarity.
3. Place the Azurite over the third eye chakra in the middle of the forehead for insight.

Stay in this layout for 10 to 15 minutes.

## Alleviating Stress & Trauma Layout





### ALLEVIATING STRESS & TRAUMA LAYOUT

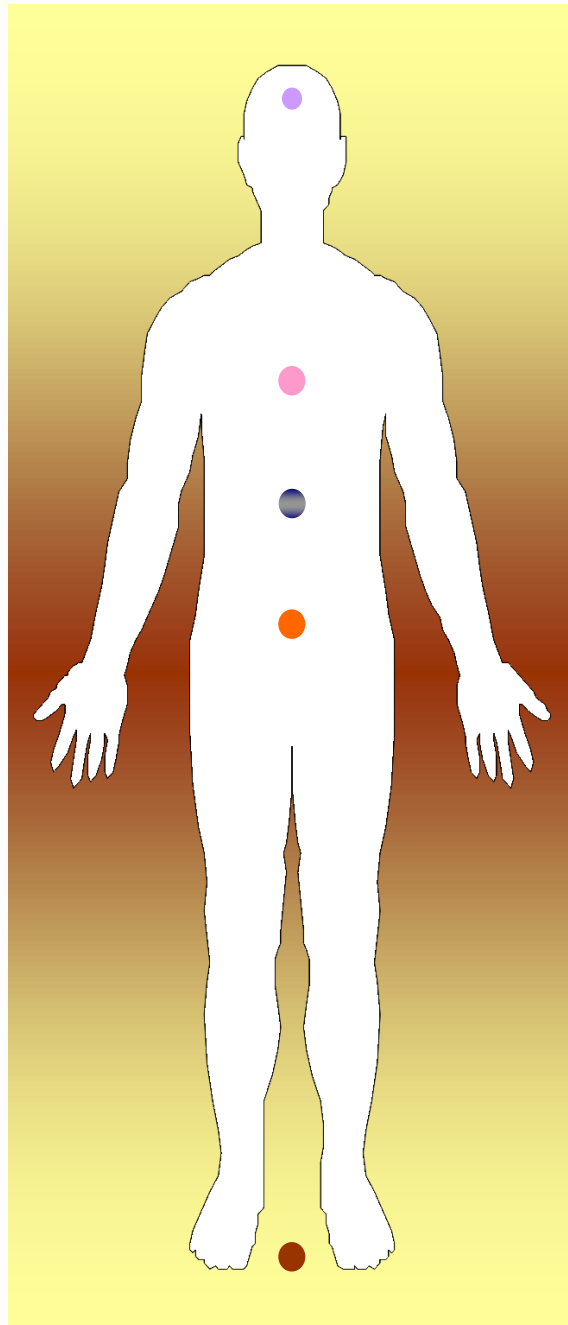
A shock, accident or loss can leave you profoundly shaken and insecure. This layout helps you to release stress and gather yourself together again. Use regularly until all signs of muscular tension, sudden welling of emotion and replays of the events stop, this will help prevent the shock from seeping deeply into your system.

**Requirements:** 8 x small single terminated clear Quartz points, Rose Quartz, Tiger's Eye.

1. Place the Rose Quartz over the heart chakra and surround with 4 x clear Quartz points facing out, away from the Rose Quartz.
2. Place the Tiger's Eye over the sacral chakra and surround with 4 x clear Quartz points facing out, away from the Tiger's Eye.

Remain in layout for 10 to 20 minutes.

## Depression Layout (to alleviate)





### DEPRESSION LAYOUT

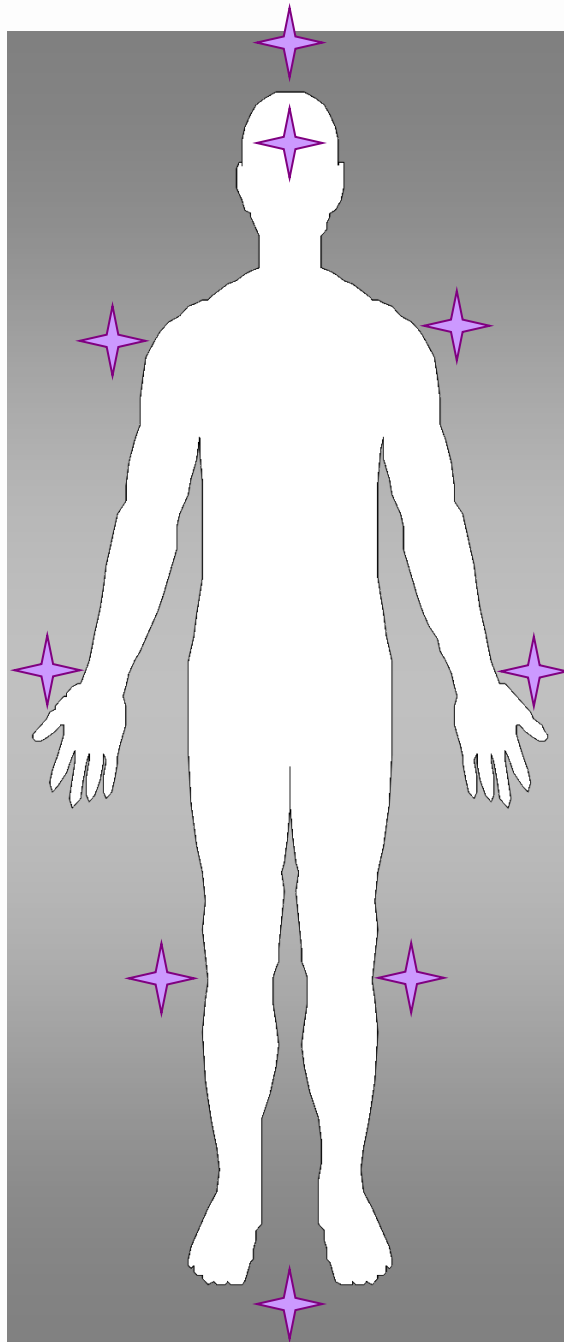
**Requirements:** Amethyst, Rose Quartz, Labradorite, Carnelian (orange), Smokey Quartz.

1. Place the Smokey Quartz between your feet for gentle grounding and balancing.
2. An orange Carnelian on the Sacral Chakra to stabilize and anchor you in the present, this stone will heal abuse of any kind.
3. Place the Labradorite on your Solar Plexus to draw out any fear and negative emotions, encouraging you to let go of anything that no longer serves you, instilling positive vibes in its place.
4. To release unexpressed emotions and heartache, place Rose Quartz over your heart, soothing your emotional pain and opening your heart to unconditional love.
5. Place the Amethyst in the middle of your forehead on your brow to balance out emotional highs and lows and to promote emotional centring.

Leave the stones in place for 15 to 20 minutes.



## Amethyst Healing Layout



### AMETHYST HEALING LAYOUT

Amethyst, a powerful healing gem, is perhaps the most useful all-purpose healing crystal. It is universally applicable in its uses and benefits. It promotes intuitive and inspired thought. Clears and purifies assisting with stress tension, soothes and calms the mind, raises the spirit and protects from negative vibrations. Amethyst is a good stone to use with meditation as it quietens the mind and allows finer perceptions to become clear.

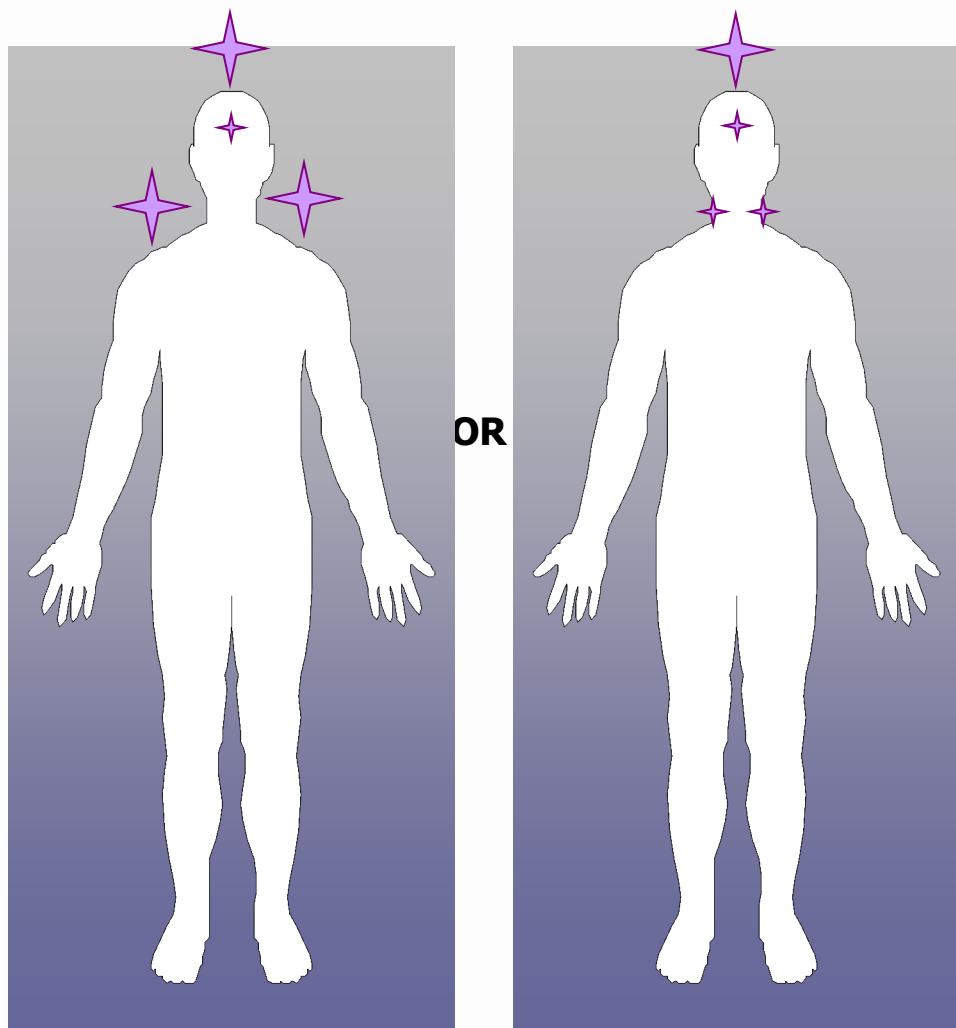
**Requirements:** 9 x even sized Amethysts or 9 x Amethyst single terminated points.

This layout is a very powerful all round healing tool and can be used for general physical, emotional or mental healing.

1. Place 8 Amethysts (even size), if terminated – point inwards, around the body as seen in the layout on the previous page.
2. Place the last Amethyst on the Third Eye (brow) chakra.
3. It is optional to use a Smoky Quartz for grounding after the layout, placed at Third Eye Chakra.

As this is a powerful layout it can cause light headedness, so start with 5 minutes and gradually increase to 15 or 20 minutes.

## Headache Layout





### HEADACHE LAYOUT

**Requirements:** 4 x single terminated Amethyst points.

Headaches occur when there is an imbalance or blockage of energy to the head.

1. Place one Amethyst point on either side of the neck, pointing towards the head.

**OR**

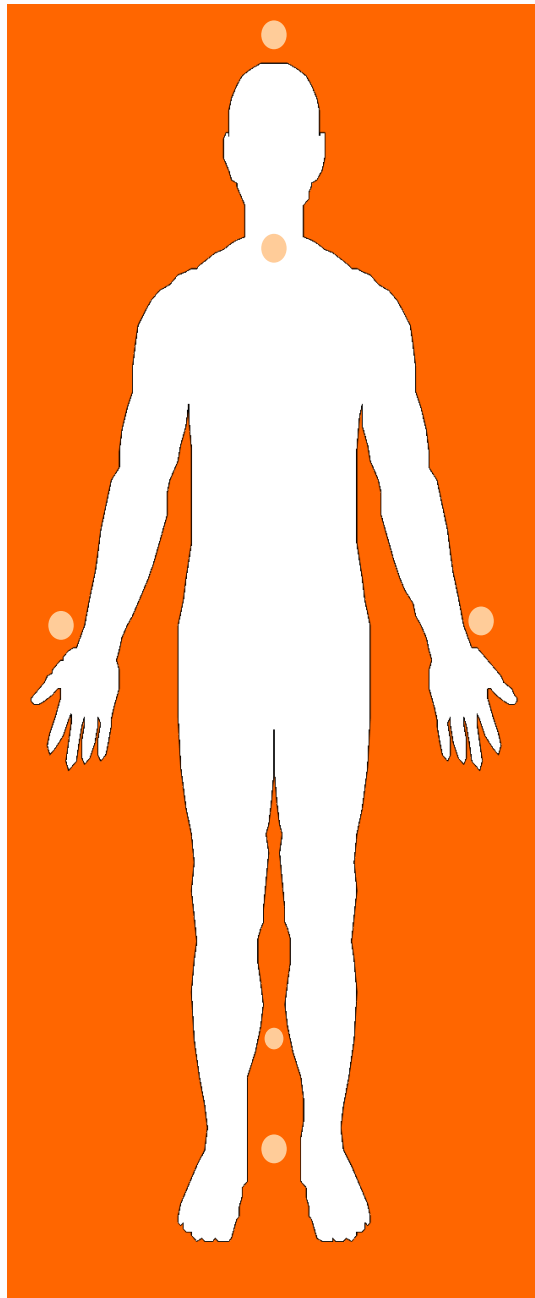
Place an Amethyst point on either side of the thyroid gland point up.

2. Place a third stone pointing upwards on the forehead.
3. An optional 4<sup>th</sup> Amethyst can be placed at the top of the head, pointing outward.

Start with 10 minutes and increase as necessary.

## CRYSTAL NETS

### Healing Net - Release Deep Trauma





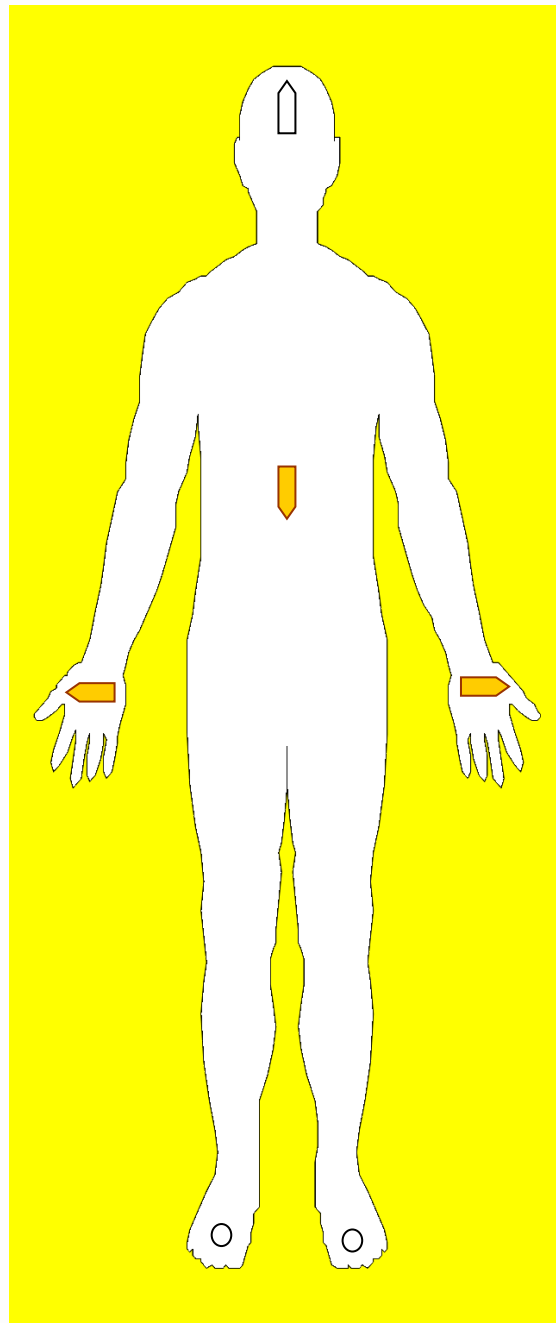
### HEALING NET – RELEASE DEEP TRAUMA

This net should be used regularly for 5 minutes at a time to release deep rooted stress from the body. It may sometimes bring pain or old symptoms to the surface before they can be completely released and removed.

**Requirements:** 6 x Carnelian stones and an orange cloth to lie on.

1. Place a Carnelian at the top of the head and on both sides of the body in line with the sacral chakra, just below the navel.
2. Place another Carnelian between the legs at mid-calf level and between the feet, at the ankles.
3. Place the last Carnelian at the base of the throat.

## Clarity of Mind and Energy Net





### CLARITY OF MIND AND ENERGY NET

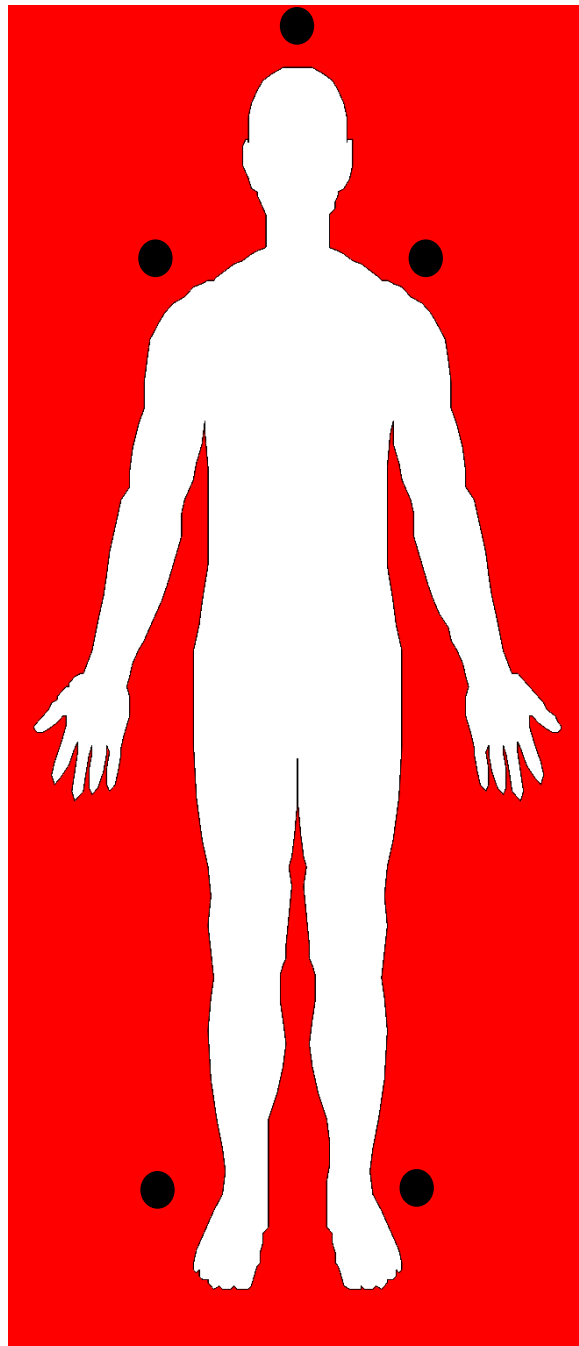
This net may feel very uncomfortable unless you really need the extra energy. The Citrine helps with the clarity of the mind, communication skills and energy levels. Use this when writing exams or studying. Begin with short sessions 5 minutes and practice regularly until you can go for 10 minutes.

**Requirements:** 3 x single Citrine points, 1 x clear Quartz point, 2 x small tumbled clear Quartz and a yellow cloth to lie on.

1. Place Clear Quartz in the middle of the forehead with the point facing up.
2. Place a Citrine point at the solar plexus, point down and the other two Citrine stone in each hand points facing away from the body.
3. Tape the small Clear Quartz stones on the top of each foot, between the tendons of the second and third toe.



## Obsidian Net – Integration of Energies





### OBSIDIAN NET – INTEGRATION OF ENERGIES

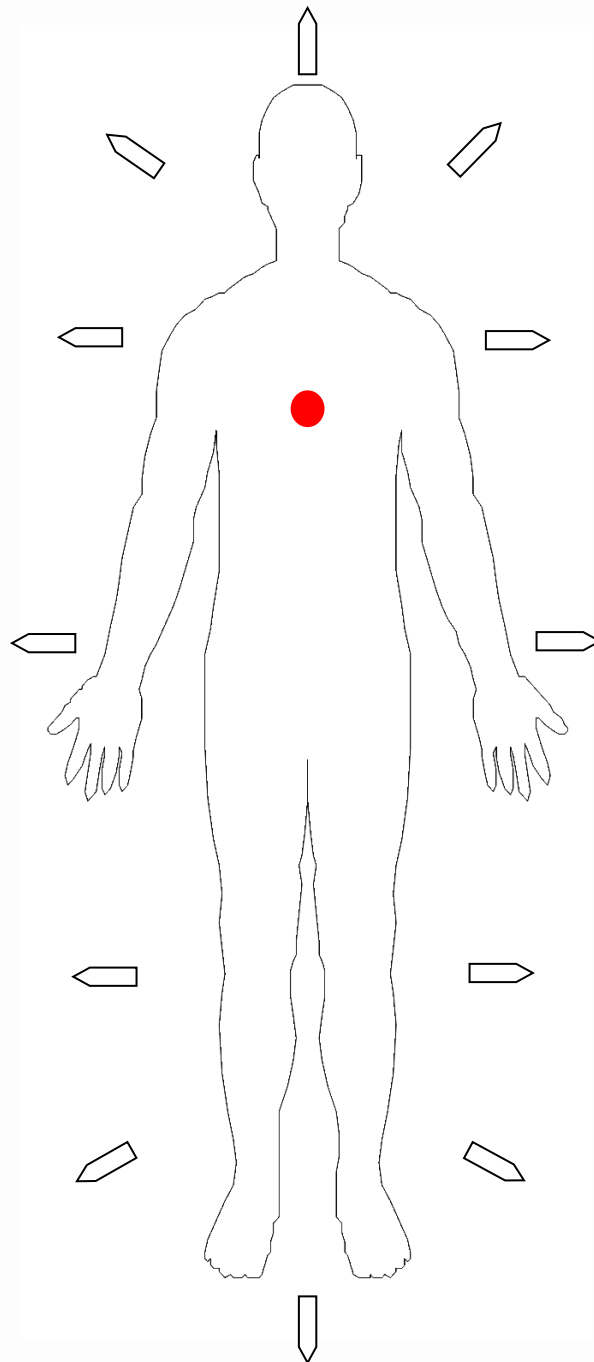
The energies needed for cleansing and transformation will be allowed with this Obsidian layout to be gently integrated into the subtle bodies.

**Requirements:** 5 x Black Obsidians and a red cloth or black cloth.

1. Place 1 Obsidian above the head.
2. Place 2 Obsidians level with the neck / shoulder area.
3. Place 2 Obsidians at the feet.

Lie in the net for only 3 to four minutes and take as long as required before resuming normal activity. Sip water regularly.

## Releasing the Heart's Potential - Removing Guilt & Unworthiness Net





### REMOVING GUILT & UNWORTHINESS NET

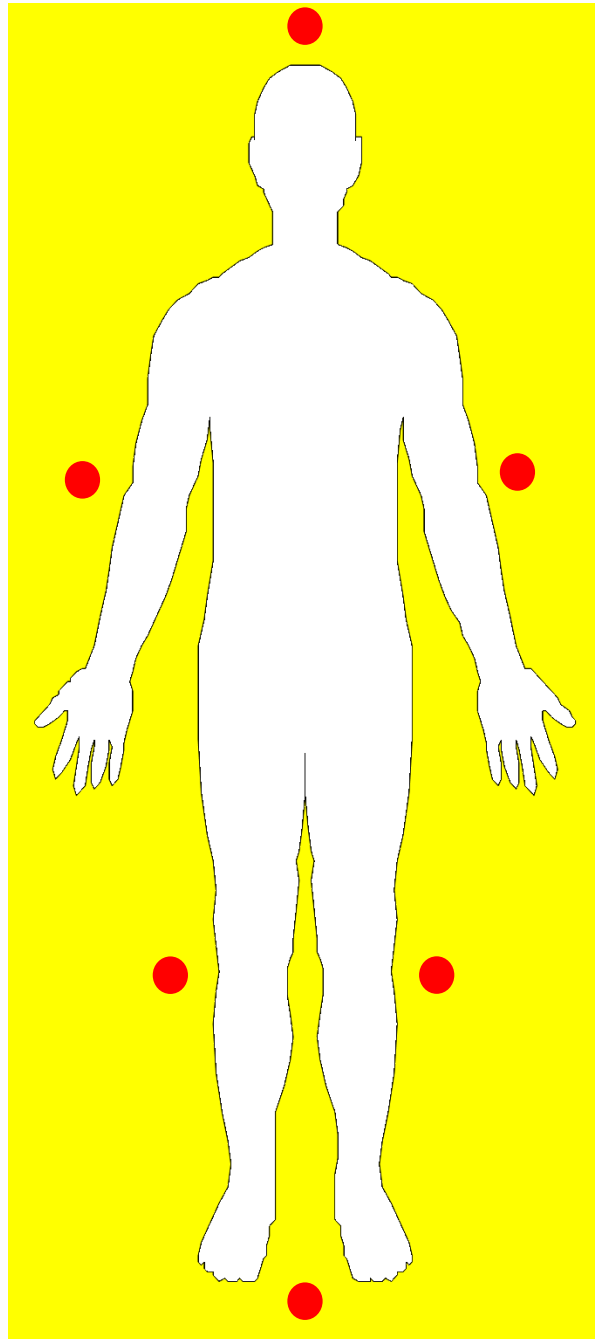
This layout will help release pent-up energy in the heart, remove guilt & unworthiness and reveal your true strengths and potential.

**Requirements:** 12 x single terminated clear Quartz points, 1 x Ruby & a white sheet.

The white sheet will encourage a gentle cleansing of negative emotions.

1. Place a small ruby crystal at the heart chakra.
2. Place the 12 Clear Quartz crystals, point facing outwards, equally spaced around the body, see diagram on previous page.

## Sun Net – Fear Of Failure & Poor Circulation





### SUN NET

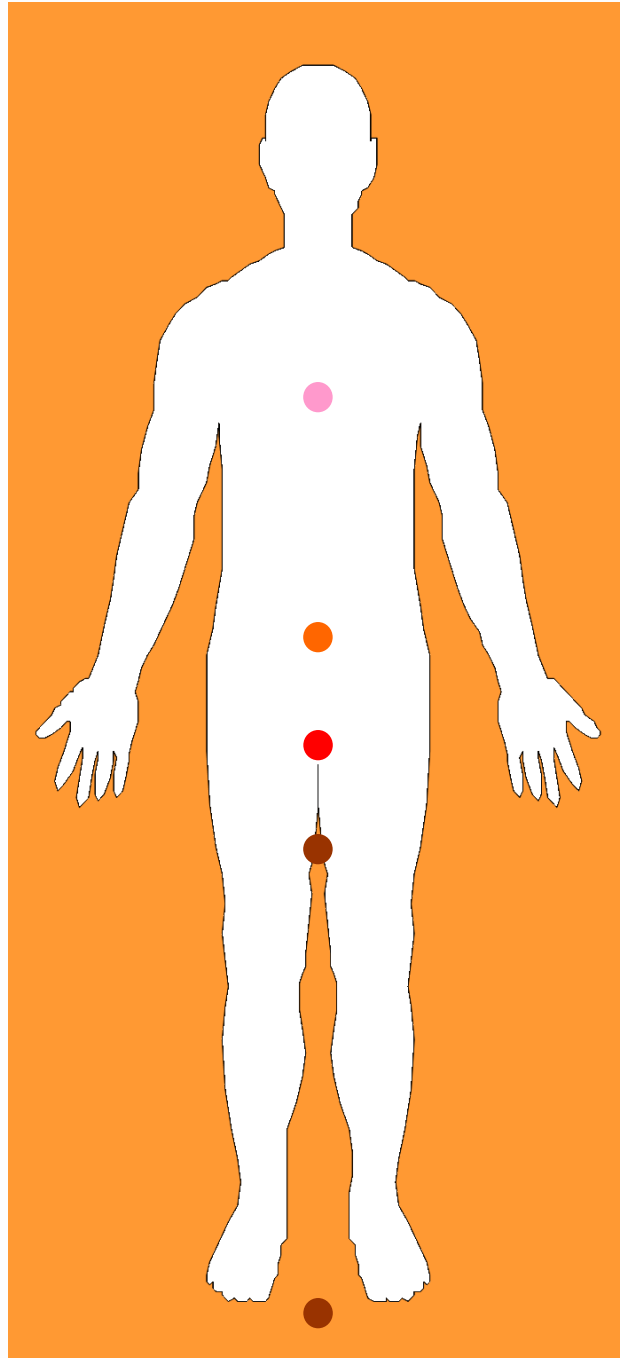
This net can be useful to help regulate the circulatory system (cold hands and feet) and usually produces a gently warming sensation. It is also gently energizing, bringing focus and clarity to the mind and the emotions.

**Requirements:** 6 x Ruby crystals (stones that are not of gem quality is inexpensive and perfect to use) and a yellow cloth to lie on.

1. Place a ruby above the head and below the feet, in the middle.
2. Place a ruby next to each arm at the elbow and next to each knee, evenly distributing the crystals around the body.

Stay in this position for 5 to 10 minutes.

## Sexual Recharge Net - Revitalize your Sex Life





### SEXUAL RECHARGE NET

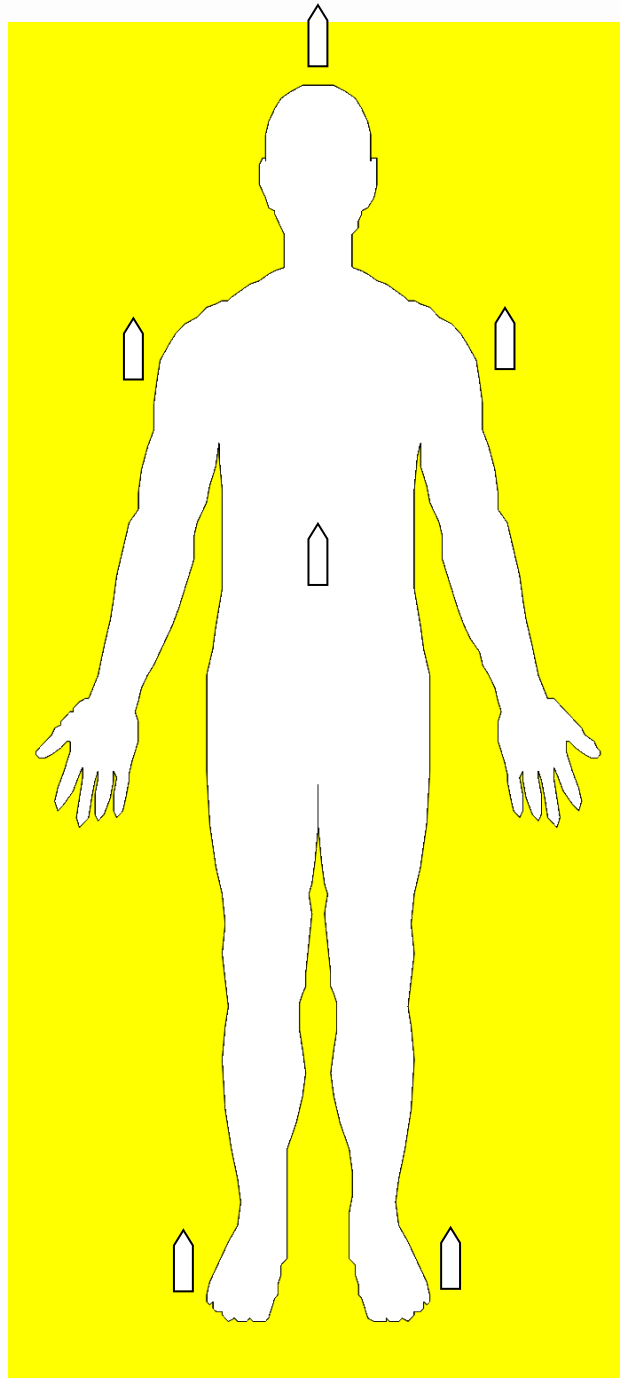
**Requirements:** Rose Quartz, Carnelian (orange), Red Jasper, 2 x Smokey Quartz, orange cloth.

1. Place the Rose Quartz on you Heart Chakra to open it and receive love.
2. Place the Smokey Quartz between your thighs to enable passion to flow freely.
3. Place Smokey Quartz between your feet to gently ground you in your body and to accept your natural sexual impulses.
4. Place the Carnelian on your Sacral Chakra to recharge and energize you, help overcome frigidity and impotence.
5. Place the Red Jasper at the base of your pubic bone to stimulate your libido, cleanse your Base Chakra and prolong sexual energy.

Stay in this layout between 10 and 20 minutes.



## Joy Giver Net – when feeling low





### JOY GIVER NET

**Requirements:** 6 x single terminated Clear Quartz points & yellow cloth.

Place one Quartz point at the top of the head, point facing up which will relieve a busy head and bring in light energy.

Place a Quartz point at each shoulder facing up which will relieve stress (that “carry the world on your shoulders” feeling) and bring in light energy.

Place a Quartz point at the Solar Plexus facing up to strengthen self esteem, and overcome fear of rejection, oversensitivity to criticism, self-image fears, fears of our secrets being found out and indecisiveness.

Place a Quartz point beside the top of each foot facing up to ground the light energy.



## Resources

**"No duty is more urgent than that of returning thanks."**

**~ Unknown ~**

### **My Husband, Leslie**

For all your patience and all the "YES DEAR's", for your help, support and your priceless encouragement and most of all:

In gratitude to YOU my soul mate,

Thank you,  
For realising our destiny when I was blind

Thank you,  
For caring enough to be my friend

Thank you,  
For pursuing me when I was unwilling

Thank you,  
For giving me time to catch up

Thank you,  
For teaching me about passion

Thank you,  
For putting a smile on my face and a twinkle in my eye

Thank you,  
For having had the courage to take the whole package

Thank you,  
For your gentle touch when I need it most

Thank you,  
For understanding my confusion

Thank you,  
For giving me space to find myself

And most of all . . .



Thank you to the author of these words, I could not have said it better.

### **Spiritual Beings - angels, guides and fairies**

I wish to express my heartfelt gratitude to all the guides, angels and fairies for the amazing synchronicities I have experienced not only during the writing of this course but throughout my lives.

### **Special People**

So often in inexplicable ways, someone will come, offering a key to a door which must be unlocked and opened. There are many halls of learning and knowledge and there are many who come with keys to these doors. When the time is right, and when we are ready, we are shown and we are taught that which we need to know. Thank you wherever you are!

To the brilliant and awe-inspiring authors - Thank you for sharing your knowledge with humanity.

### **Crystals - The "Rock People" of the Mineral World**

- The Illustrated Guide to Crystals - Judy Hall
- The Crystal Bible - Judy Hall
- Crystal Healing - Judy Hall
- New Crystal and Healing Gemstones - Judy Hall
- The Book of Crystal Healing - Liz Simpson
- The Book of Stones - Robert Simmons & Natasha Ahsian
- The Illustrated Directory of Healing Crystals - Cassandra Eason
- Crystals and Crystal Healing - Simon Lilly
- The essential Crystal Handbook - Simon and Sue Lilly
- Crystals, Colour and Chakras - Sue & Simon Lilly, Stella Martin, Josephine de Winter & Gill Hale
- A Guide to Crystals - Jenny Harding
- The Crystal Heart - Ra Bonewitz
- Crystal Therapy - Stephanie & Tim Harrison
- Crystal Awareness - Catherine Bowman
- Crystals, Messengers of Light - Swami Gopala & Swami Padma
- Gems and Crystals - Kristyna Arcarti
- Crystal Healing - Phyllis Galde
- Crystal Therapy - Doreen Virtue & Judith Lukomski
- Healing Crystals - Michael Gienger
- Crystals Pocket Guide Series - Maryann George
- Crystal Doorways – Sue & Simon Lilly



- The Laying on of Stones – D.J. Conway
- The Hidden Messages in Water - Masaru Emoto

### **Internet**

To all the wondrous people out there taking part in this magnificent tool we call the Internet, thank you that, at this momentous time in the history of Humanity and the Earth, you are sharing so much knowledge and information, that had roots deep in the past, giving humankind the opportunity of understanding our unique and important role as creators of our own realities and therefore the All That Is.



## Discount Voucher - All Items

*Receive a 10% discount on all HJE Academy of Energy Healing Product. This voucher can be used as many times as you like for future purchases.*

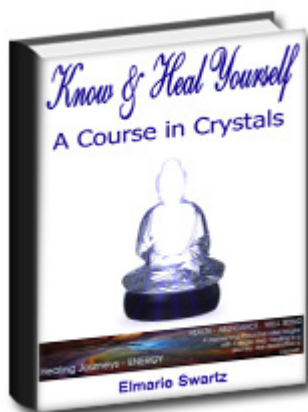
*Enter the following code exactly as is with no spaces (I suggest you TYPE it in and not copy and paste)*

**YOUR CODE:**      *healing4u*



**10% off**

### Know & Heal Yourself – A Course in Crystals



When starting out while working with and getting to know the "Rock People" of the Mineral Kingdom (crystal energies) it is imperative that you first learn to heal yourself so as to become a crystal clear channel for these messengers of light.

This course is simply laid out and will give you the grounding, knowledge and confidence required to go on healing others with your talent if you

so choose. On completion you will also receive full certification from Healing Journeys Energy.



### HJE – The Power of Quartz Crystals



What is it about them, above all other stones that make them so special?

I've never forgotten this one specific patient of mine that spent some time examining the various stones I have in my collection and commenting on their beauty.

Finally she smiled, and said, "God must have had fun when He made these stones."

Her words created for me the image of

a master artist taking delight in a realm of creations, carving a multitude of crystalline forms, weaving delicate strands of golden rutile, and painting with an unlimited palette of hues.



## HJE - Colour Course



Experience the joy of colour in your life. This course will teach you everything you have always wanted to know about colour.

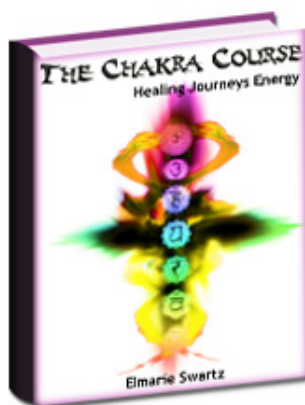
This well laid out, splendid and extensive course covers the healing energies and attributes of colour, nearly 200 pages of "pure gold" without the hype.

This is definitely a have to have for both the experienced healer

as well as the beginner. On completion you will also receive full certification from Healing Journeys Energy.



## HJE – The Chakra Course



The Chakras are the seven power points in the human body that circulate energy or life force also known as "prana, ki or chi". They are located within our physical and etheric or subtle body.

The actual functions and attributes of these energy vortexes with regard to our physical body is an involved topic, many complex claims are put forth in this regard. Generally though, there is an overlapping and sharing of functions amongst the energy centres.

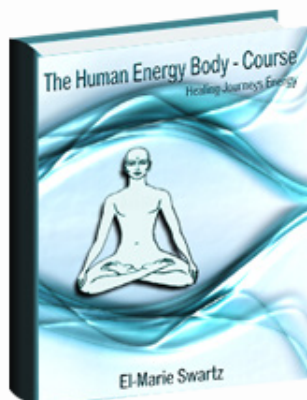
This comprehensive course will give you a full understanding and background of this part of the human energy body. On completion you will also receive full certification from Healing Journeys Energy.







## HJE – The Human Energy Body Course



It is said that when you begin to develop your senses, a new and fascinating world opens before you; the hidden world suddenly unveils itself - your perception heightens and your thoughts and feelings are expressed before your very own eyes in colour and form.

There is more to the human body than the physical body.

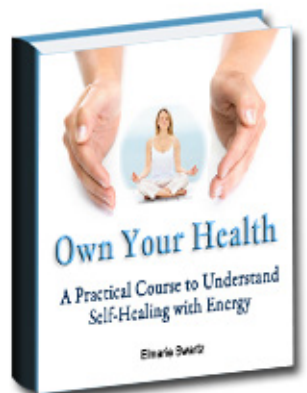
Unfortunately, most people consider the physical body and the material world to be the only reality that exists.



They believe this because for them, these are the only things that can be discerned with their own physical senses, and I might add, understood by their rational mind.

This is a have to have course navigating you through the complex channels of the Human Energy Body. On completion you will also receive full certification from Healing Journeys Energy.

## Own Your Health - A Practical Course to Understand Healing with Energy



Finally, you can now learn and understand all the key factors which is fundamental when it comes to "how to heal with energy?"

The above is a question that I have been asked a multitude of times during my healing career and by developing this course the above question will be answered once and for all simply and easily.

This home study course deals with the following key factors:

- ... the concept of energy
- ... the concept of healing
- ... the concept of the mind body connection

These factors are extremely important for you to understand since they form the foundation for energy healing work and once understood you will easily be able to comprehend the nature of most alternative and complementary natural healing modalities.



### Way of the Archangels - Healing with Archangels



Drawing from my years of experience in working with the Archangels I developed this powerful certificated home study course which will introduce you to these amazing light beings and give you the formula to open to your latent powers to heal, yourself, and others.

Reading this... the chances are your own angel guided you here!

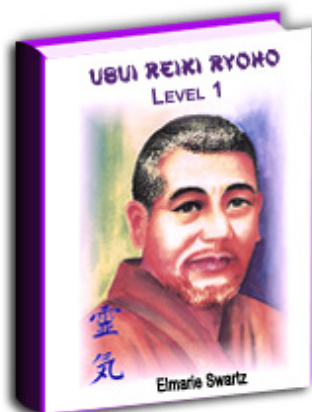
My course is professionally presented in an easy way for you to learn:

- About Angel Healing
- The Powerful Archangels
- How to tap into their energy and communicate with them

To find out how they channel positive energy to you and help you to release any negative thoughts, emotions or issues you may have absorbed in your life.



## Reiki First Degree (Level 1)



Reiki Level I or Reiki First Degree opens the door to transforming yourself and your life and is your first step to becoming a powerful Reiki Master.

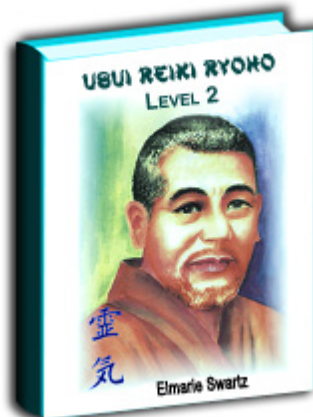
This level has a strong focus on yourself, your body and your energy system.

This does not mean that you are incapable of helping others. Far from it, your Reiki Level One attunement enables you to be of greater service to others and to facilitate very real healing in others.

You will also receive full certification on completion of this self-improvement training course from Healing Journeys Energy.



## Reiki Second Degree (Level 2)



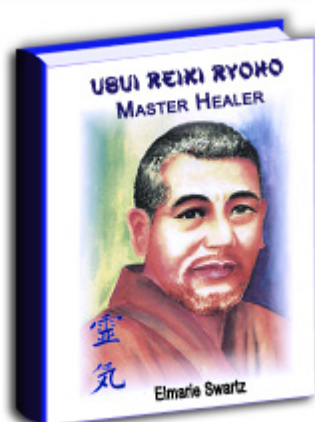
Reiki Two provides a quantum leap in vibratory level, at least four times greater than First Degree and the symbols are activated at this point. In Reiki Level II you will be introduced to your first three symbols and taught how to use these symbols to intensify your energy flow, protect yourself, and facilitate mental and emotional healing.

These symbols attune you to very specific Reiki energy frequencies and are also used in absentee and long-distance healings. You will also be taught such

techniques as scanning, beaming and manifesting. In Reiki Level II (Basic) we focus on using Reiki to heal others.



## Reiki Advanced (Level 3)



This empowerment is the beginning of an amazing journey of inner peace, self-realization and endless possibilities. In Reiki Level III (Advanced) training you will receive the ability to use the master symbol for healing which enhances your effectiveness as a Reiki practitioner.

You will be taught more advanced techniques such as psychic surgery and the use of a crystal grid.

In a sense, Advanced Reiki Training brings what you have learned so far in Reiki Level I and II (Basic) together and prepares you for the step up to Master/Teacher level training.

You will be given a further attunement as a part of this training.





## Healing Charts

There are times while doing a healing that I am left at a loss in the most inopportune moment...

- ❖ What now?
- ❖ What's next?
- ❖ Where do I go from here?

...was that being human I couldn't always remember what was the correct layout for what, exactly which color or crystal to use for which chakra or even remembering the multitude of blockages and functions connected to each chakra and their respective connections to the aura layers.

In a flash of inspiration I decided to make myself a collection of Wall Charts that I could put on the wall in my healing room.

I have found these ready reference charts to be indispensable and I am sure you will too, which is why I have lovingly recreated them and made them available to you to jog your memory in those forgetful moments. I am sure that like me when you want something you want it now, so in order to satisfy that desire the - [Essential Wall Charts for the Energy Healer](#) are available right now for immediate download.

Put them up in your healing room, use them to quickly remind and guide you as you work with the energies.